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Rocky Mountain Cuisine Redefined in *Simple Treasures*

Canadian Rocky Mountain Resorts and Chef Alistair Barnes Release Cookbook

Banff, Alberta-The Canadian Rockies- traditionally considered the ideal spot for adventurers seeking thrills mountain climbing or skiing- is now a culinary destination. Canadian Rocky Mountain Resorts and CRMR's Executive Chef, Alistair Barnes, are excited to announce the release of a cookbook that showcases the recipes and philosophy that have contributed to this trend. Published by Altitude Publishing and now available at Chapters, Indigo and Coles, as well as some independent booksellers, **Simple Treasures** (\$29.95) includes recipes developed in CRMR's highly acclaimed restaurants, both in the Rockies and Calgary. The result is a comprehensive look at the very best of Western Canadian Cuisine. Featuring indigenous vegetables and fruits, game meats and fresh fish, the recipes are a gastronomical journey through the Rocky Mountains.

Chef Alistair Barnes oversees each CRMR kitchen, and worked with the Head Chef at every property to build dishes that will inspire home cooks but also be accessible to them. Beautifully photographed, the cookbook is a fascinating biography of Canadian Rocky Mountain Resorts, and explores the history, concept and atmosphere of each lodge and restaurant. Every CRMR property is a lovingly restored heritage building which maintains the charm of the original with added modern luxuries. This commitment to respecting the past while evolving for the future is demonstrated in the recipes in **Simple Treasures**. From the '*Bow River Trout Fillet with Citrus Herb Sauce*' to the '*Roast Elk Tenderloin, Squash Hash & Wild Rose Game Reduction,*' the flavors are regional and authentic. The concept of sourcing fresh, local, seasonal products is one that is timeless, and more relevant today than ever. This has been the philosophy at Canadian Rocky Mountain Resorts since its conception, and is the inspiration behind the cookbook, **Simple Treasures**.

For more information about Canadian Rocky Mountain Resorts restaurants and lodges, please visit www.crmr.com.

Canadian Rocky Mountain Resorts is a family of companies consisting of Emerald Lake Lodge in Field, British Columbia, Deer Lodge in Lake Louise, Alberta, and Buffalo Mountain Lodge in Banff, Alberta. CRMR also owns four Calgary restaurants: Cilantro, Velvet, The Ranche, and Divino Wine & Cheese Bistro, as well as a game ranch, The Canadian Rocky Mountain Ranch, a wine boutique, Bin 905, and a bakery in Canmore, Alberta, Panino.

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